

Meet Melanie Brown...

What drew you to yoga and a holistic lifestyle?

After completing my Masters in Cell and Molecular Biology and entering a demanding career, I sought alternative approaches to cope with a chronic autoimmune disease, stress, and anxiety. I was initially drawn to yoga as a physical practice. I didn't think too much about the mental and spiritual side to it – all I knew was that I loved the way I felt after a class. As my practice deepened I became aware of subtle nuances, myself becoming calmer and more equipped to cope with challenges that were presented to me. Yoga has affected me in so many ways, how I interact with myself, relationship with others and how I care for my body. This was the spark to fuelling my passion to help others discover optimal health. I am so passionate about a holistic approach to health that I enrolled in the Canadian School of Natural Nutrition, Natural Nutrition program and studied with Paul Check, becoming a CHEK Certified Holistic Lifestyle Coach. I started using essential oils to help speed up healing, a result of my autoimmune disease. Finding and using essential oils has been pivotal to my wellness, long gone is the cabinet full of toxic products.

Why practice Yin yoga?

Yin is the opposition to our daily Yang lifestyles. It provides us with an opportunity to slow down, to surrender, and to be in the present moment. It is the perfect complement to the more dynamic styles of yoga. You may find in your first class that you are bored, restless, even agitated - it can be a challenge to hold the poses for a long duration. In my first class I found myself very angry, I could have walked away and never tried it again. But I knew deep down that this was something that I needed. I committed to practicing 3 yin class a week for month. Over time I begin to experience what Yin yoga is all about, becoming aware of self, your feelings, sensations, emotions, and finding comfort in uncomfortable situations. This is an intimate practice, it teaches us to really listen to our bodies and to accept what is, in that given moment.

What on your playlist?

Traditionally I listen to Liquid Mind when practicing Yin yoga. Recently in my home practice I have started to experiment with acoustic versions of more mainstream music: Roar – Tyler Ward, Bad Blood – Ryan Adams, Wreaking Ball – Scars on 45, In the Sun – Aron Wright, Believe – Correatown.

My intention is to create an environment for Yoga to cultivate space, freedom and releases, from obstacles in your own body, mind and spirit.